

# Highlands **The Communicator** FREE

Dec 23 2008 - Jan 14, 2009

Haliburton County's Good News Fun Magazine

Vol. 8 Issue 6



Winter Circulation

**8,000**



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## The First Christmas Card



*The first commercial Christmas card (above) was the brainchild of Sir Henry Cole. It showed a family feast and the words "A Merry Christmas and a Happy New Year to You". It was illustrated by John Horsley and printed in London in 1843. An original copy is very rare.*

The first known Christmas card is printed on the front cover with a date of 1843. The original was in muted colours, hand painted, printed and sold for 1/- each (5p) - a lot of money in those days. Despite the date on this card, encyclopaedias say that Christmas cards were first sold in 1846!

By the 1860s the idea of sending cards had caught on as they were able to be produced much more cheaply with the invention of less expensive colour printing. The first Christmas cards had lace and flowery borders, but then they changed to more familiar designs.

The robin became very popular as were Victorian snow scenes, religious pictures, holly, Christmas trees etc. Many similar scenes are reproduced in our cards today.



**Thank You! Thank You! Thank You!**

## A Little Bit of Everything

For a neat website about nature and Christmas, check out:

[www.santasreindeerscholl.com](http://www.santasreindeerscholl.com)

Your continued support is so much appreciated. We would like to say a heartfelt "Thank You" to all our customers. You are the best people in the world, and we appreciate each and every one of you. We look forward to seeing each of you next year as well.

Our wish for each of you is the gift of Health, Peace & Happiness in 2009. May God bless each one of us as we all enjoy this special holiday season.

*Merry Christmas 2008 & Happy New Year 2009.*

Beside IGA & Home Hardware in Minden

**(705) 286-3741**

*Debbie, Ira & Joanne*



## A Celebration That Only Happens Once Every 150 Years

Minden's Sesquicentennial Celebrations Will  
Go Down in History and You're Invited



Fireworks at 9:00 p.m. will get Minden's Sesquicentennial Celebrations off to an explosive start this coming New Year's Eve. The colourful display will light up the night sky following a torchlit walking parade that ends with the torches being thrown onto a bonfire.

Shine up those skates for the family-orientated fun that will spill over into the Minden Community Centre with a free skate from 6 p.m. - 8:15 p.m.... Don't worry about having to walk over because you'll get a ride from Jeff Black with his horses & wagon.

A walking parade will depart from the heart of Minden at 8:15 p.m. and will proceed past the Cultural Center, around the Arena and over to the rear parking lot. The 1st Minden Scout Group will be providing the torchlight and escorting the parade and some of their members will also be lighting the pile of Christmas trees with their torches.

"We want this night to have something for everyone" said Sesquicentennial Planning Committee Co-Chair Jack Brezina. "We're inviting all of Haliburton County to come celebrate with us."

Minden Hills residents with unwanted Christmas trees are asked to bring them to a designated drop-off spot behind the arena by Tuesday, Dec. 30. They will be utilized for the bonfire. Please make sure to remove any decorations and/or tinsel prior to dropping off your tree.

After the "Early Countdown" and fireworks, teens are invited to celebrate the New Year with dancing & skating in the specially decorated & lit Arena, while DJ Cameron Dydyk keeps the rhythm pounding. The \$5 admission also includes pizza at midnight.

Upstairs in the Community Centre, Gord Kidd & the 50/50 Rockin' Country Band will entertain adults until after the Midnight Countdown. \$20 admission includes a midnight cold buffet. Doors open at 7:30.

For tickets to either event call 286-1260 ext. 200.

## Why is Christmas such a big deal?

There are two reasons why Christmas is  
such a big deal:

According to the 1994 "Britannica Book of the Year," there are 1.8 billion Christians in a total world population of 5.5 billion, making it the largest religion worldwide. In America, 241 million out of a total population of 281 million people are Christians -- that's 85 percent. Because Christians follow Jesus, the birth of Jesus is important to them.

In America, the weeks leading up to Christmas are the biggest shopping weeks of the year. Many retailers make up to 70 percent of their annual revenue in the month preceding Christmas. Therefore, retailers hype the event beyond belief.





# Merry Christmas

Fill your heart with God's light, and spread the  
love of His message to all you meet.  
Wishing you a blessed 2009!

195 Highland Street, Haliburton  
**457-2223**

In The Village Barn





Merry  
Christmas



# Christmas Quick Facts:

According to Daniel Boorstin in his book "The Americans," Christmas was largely a non-event in America until the 1860s. 1867 was the first year that Macy's department store in New York City remained open until midnight on Christmas Eve. 1874 was the year of the first window displays with a Christmas theme at Macy's. It has snowballed from there.

According to the book "Extraordinary Origins of Everyday Things," by Charles Panati: The church forbade the use of mistletoe in any form, mindful of its idolatrous associations. As a substitute, it suggested holly. The sharply pointed leaves were to symbolize the thorns in Christ's crown and the red berries drops of his blood. Holly became a nativity tradition. The Christian

century, there were churches in England that forbade the wearing of mistletoe sprigs and corsages during services.

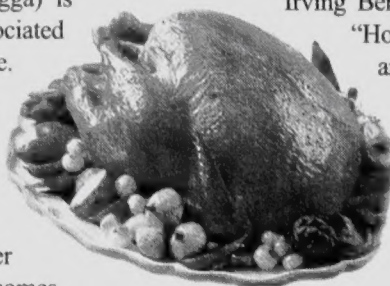
For Scandinavians, the goddess of love (Frigga) is strongly associated with mistletoe. This link to romance may be where our tradition of kissing under mistletoe comes from.

Christmas cards started in London in 1843 and in America in 1846.

In Canada, Christmas traditions have come from many countries. France has given us its celebration of the Nativity with its old carols, Germany the Christmas

tree and its many ornaments and England, greeting cards. Ireland has bequeathed us the ancient Gaelic custom of putting lights in windows. The United States has provided Santa Claus and Czechoslovakia and Japan have produced a flood of Christmas tree and interior home decorations of all kinds.

The song "(I'm Dreaming of a) White Christmas," written by Irving Berlin for the movie "Holiday Inn" (1942) and sung by Bing Crosby, is one of the best-selling songs of all time.



Winter was a time of celebration to pre-Christian

Romans and they decorated fir trees in honor of this seasonal change.

For every real Christmas tree harvested, 2 to 3 seedlings are planted in its place. Each hectare provides the daily oxygen requirements of 45 people.

Due to the time zones, Santa has 31 hours to deliver gifts? This means that he would have to visit 832 homes each second!

The use of a Christmas wreath as a decoration on your front door, mantel or bay window symbolizes a sign of welcome and long life to all who enter.

Three years after Thomas Edison invented the electric light bulb in 1879, Edward H. Johnson, who worked for Edison's company, had Christmas tree bulbs especially made for him. He proudly displayed his electric tree lights at his home on Fifth Avenue, New York City. They caused a sensation although some years were to pass before mass-manufactured Christmas tree lights were widely available.

In America in 1822, the postmaster of Washington, DC, complained that he had to add 16 mailmen at Christmas to deal with cards alone. He wanted the number of cards a person could send limited by law. "I don't know what we'll do if this keeps on," he wrote.

In Armenia, the traditional Christmas Eve meal consists of fried fish, lettuce, and spinach. The meal is traditionally eaten after the Christmas Eve service, in commemoration of the supper eaten by Mary on the evening before Christ's birth.

Designer Gabrielle "Coco" Chanel introduced her first perfume in 1921. She gave it the name "Chanel No. 5." According to Chanel, she jumped straight to number five because it was her lucky number. To add luck to the fragrance, she introduced it on the fifth day of May, the fifth month. Chanel No. 5 became the world's best selling perfume.

## The Highlands Communicator

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## The "My Backyard" Exhibit Student Works Find Their Way to Agnes Jamieson Gallery

Grade 8 students interested in landscape art will soon have their creative works on display.

From Jan. 7 - 31, find your way down to the Agnes Jamieson Gallery in Minden for the "My Backyard" exhibition that will feature acrylic and water paintings as well as pen and ink drawings.

Recently these students had the chance to be taught by Canadian artists who have painted Haliburton County into their works. Students were also taken on a sketching field trip with professional artists, given research packages on 10 recognized Canadian artists and each student created a presentation on one of these artists.

Finally, they chose their favourite artistic style to create their own portfolios with the assistance of professional artists. The end result is the "My Backyard" exhibition.

For more information about this colourful show call the Minden Hills Cultural Centre in Minden at 705 286-3763.

## Support the West Guilford Recreation Centre on New Year's Eve!

Mouth-watering Feast, Live Band and Dancing All Part of  
Fundraiser

Shine up those dancing shoes and ring in 2009 in style!

On Wednesday, Dec. 31 from 8:30 p.m. - 1:30 a.m., the West Guilford Recreation Centre will host a New Year's Eve dance and a late night, hot and cold buffet.

The main act for this 19 and older event will feature the classic country group from Bobcaygeon "Township Tradition". Everyone who shows up will receive hats and noisemakers to help celebrate the arrival of the New Year.

This is a fundraiser for the West Guilford Recreation Centre.

Advanced tickets are on sale now for \$20 and can be purchased by calling Carol Stamp at 705 754-2168. If tickets are still available, they can also be purchased at the door on the night of the event.

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## Strategies to Overcome Empty Pockets

### Local Financial Advisor, Cindy Trapp, Set to Speak to LIFT Meeting

Are you a woman who is facing a financial struggle? Here's some good news.

Cindy Trapp, Financial Advisor with Investors Group Financial Services will be at the Lakeside Baptist Church on Thursday, Jan. 8 at 7:30 p.m. to give you some advice on everything to do with finances. Trapp will also speak about how she became a Christian.

This event is hosted by Ladies in Fellowship Together (LIFT) which organizes a monthly get-together for women. The gatherings feature a guest speaker, a special feature (usually a local business or organization), food and music.

All women are welcome to this free event, but a donation is encouraged by LIFT. LIFT meetings are normally held on the first Thursday of the month.

For more details contact Lyn at 705 457-3155

### About Cindy Trapp

Cindy Trapp has over two decades of experience in financial services and other industries. She's committed to helping clients better understand and navigate through their financial complexities.

As a Financial Consultant holding the Certified Financial Planner designation, Trapp believes in a comprehensive and thorough approach working alongside clients to review all areas of their financial life - including cash management, investments, insurance, retirement and estate planning, and taxation.

Best wishes to  
everyone during  
this festive season.

**MERRY  
CHRISTMAS!**

Thank you for  
your patronage  
this year.  
We look forward  
to seeing you in  
the New Year!

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fax: 286-6651

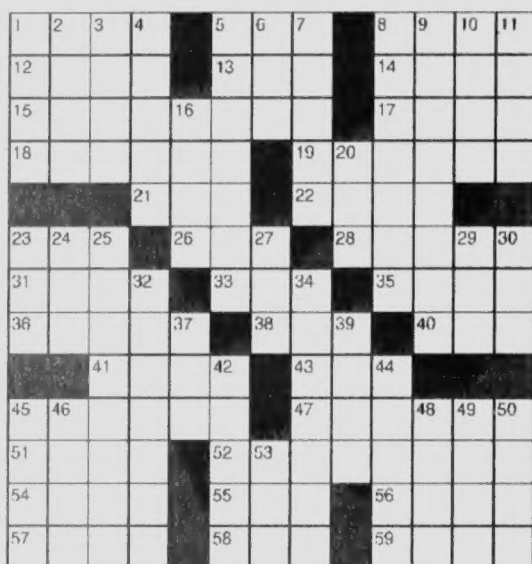
**County  
Sign & Display**



# King Crossword

## ACROSS

- 1 Slender
- 5 Clothing protector
- 8 Russian city
- 12 Helper
- 13 Rowing tool
- 14 Satyrlike creature
- 15 Pennsylvania, the — State
- 17 Run away
- 18 The Bushes, to Henry Hager
- 19 Add carbon dioxide
- 21 Perch
- 22 "Let's Make a Deal" option
- 23 Bando of baseball lore
- 26 Fresh
- 28 Unadorned
- 31 Support
- 33 Roulette bet
- 35 "Whip It" group
- 36 Capital of Ghana
- 38 "The Price Is Right" guess
- 40 Archer's bow wood
- 41 Money, slangily
- 43 Moment
- 45 Some alcohols
- 47 Reasons
- 51 Algonquian language



- |                              |                         |                        |
|------------------------------|-------------------------|------------------------|
| 52 Morgan of "Super Size Me" | 4 Small plateaus        | 29 Leading lady?       |
| 54 Gardener, at times        | 5 Vaccine supplement    | 30 NASDAQ counterpart  |
| 55 Dawn goddess              | 6 Author Fleming        | 32 Bedtime recitations |
| 56 Actress                   | 7 Staff of life         | 34 Talk about          |
| 57 Spelling                  | 8 ATV's place           | 37 Every iota          |
| 57 Probability               | 9 Nonsense              | 39 Cherished           |
| 58 Greek consonants          | 10 Fat                  | 42 English county      |
| 59 Poker variety             | 11 Leg part             | 44 Devoted groups      |
|                              | 16 Doppel-ganger        | 45 Reverberate         |
|                              | 20 A billion years      | 46 Trampled            |
|                              | 23 Resort               | 48 Chimney dust        |
|                              | 24 Joan of —            | 49 Beige               |
|                              | 25 Big name in aircraft | 50 Pallet              |
|                              | 27 Symbol of intrigue   | 53 Luau bowlful        |

## DOWN

- 1 H.H. Munro's pseudonym
- 2 Borrower's burden
- 3 Pastoral niece



## Mommy and Clyde

A young man asked his mother to drive him to the bank without telling her he planned to rob it. He told her to wait while he went inside to conduct his business. A few minutes later junior came running out with the cash, only to find that mom had parked the car and gone inside a nearby grocery store to do some shopping.

## Trapped like a rat

Danny Elliott, 43 of Niceville, Florida, tried to rob a Montgomery, Alabama bank. His getaway didn't go as smoothly as he had anticipated. The teller he had just robbed waited for him to enter the double-doored foyer, then pushed a button that locked both sets of doors.

"He was trapped and never showed a gun," said police detective Shawn Smith.



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# It's Happening in Kinmount!

by Lynne Kilby

I take joy in extending to you dear readers, my very best wishes for a Merry Christmas and Happy & Healthy New Year. With the arrival of 2009, Kinmount welcomes a most very special, exciting year - its 150th Anniversary! Plans for celebrating this milestone are in the works. Stay tuned for more...

It's not too late to get your flu shot. Flu Clinics at Kinmount and District Health Centre are available Monday to Wednesday between 11:30 a.m. to 12:00 p.m. and 4:30 p.m. to 5:00 p.m., and Thursdays between 11:30 a.m. to 12:00 p.m. and 7:30 p.m. to 8:00 p.m. You do not have to be a patient at the clinic to receive your flu shot. There is no need for an appointment if you come at the specified time. Remember to bring your health card. Call 488-1105 for more info.

Kinmount Artisans Marketplace will be closed for upgrades and new merchandise displays during January. Watch for the GRAND RE-OPENING!

Remember that this year marks our first full season of ice at the new Kinmount Arena. Hopefully the ice will be ready during the holidays. Be sure to check it out.

## Upcoming Events:

Dec. 31 - New Years Eve Dance at the Royal Canadian Legion, 8:00 p.m. - 1:00 a.m. Tickets cost \$12.50 per person until Dec 24th and \$15.00 per person after Dec 24th. Price includes prizes, luncheon, & favours. Bring in the New Year with D.J. Tommy Williamson. Call 488-3462.

Jan 17 - Friends of the Library Book Sale, 10:00 a.m. - 2:00 p.m., at the lower level of Kinmount Public Library. You never know what treasure you may discover!

Please call me at (705) 488-2919 or e-mail me at [lynne.kilby@sympatico.ca](mailto:lynne.kilby@sympatico.ca) to share news or advertise an event or activity. See you in Kinmount!!!

# Hey Kids.... There's a new club in town just for you!!

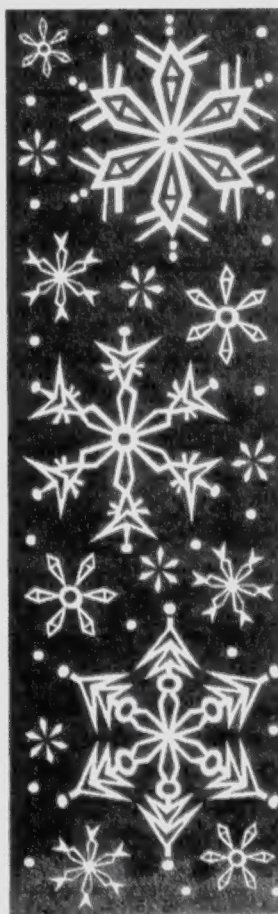
Kids ages 6 to 12 are invited to join the fun ever 2nd and 4th Friday of the month starting January 9, 2009 at the Stanhope Community Centre located at 1095 North Shore Road.

For more information or to register, call 705 - 766-9968 or email: [drc@algonquin-highlands.ca](mailto:drc@algonquin-highlands.ca)



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## WARM THOUGHTS AT CHRISTMAS.

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## Gravenhurst Company Opens Truck Filling Depot On Highway 35



the large plot of land opposite Kernohan Construction, just south of Minden. Well, wonder no more, because the 11-acre property at 11993 Highway 35 has been purchased by Budget Propane and Oil.

Budget has its head office in Gravenhurst. It's a family business, and was started by owner Bob Callow 15 years ago. Budget also has outlets in Huntsville, Beaverton, and Bradford.

James Callow is Bob's son, and is the Operations Manager for Budget Propane and Oil. "We're a delivery company, and to service the Haliburton area, we've been delivering from Gravenhurst. The new depot will cut down on driving time and expenses, while offering greater efficiency to our customers in Haliburton Highlands. Within a month we'll be constructing a 30,000 gallon propane tank on the site. It will be used solely to fill our trucks. It's not a retail centre, and you won't be able to fill your vehicle or barbecue tanks there."

"We'll be hiring one driver locally to drive the delivery truck, with another driver and truck coming later. There won't be an office, and the driver will be activating the system by himself when he needs to

fill up."

Many people when driving by, have wondered for some time now, what was happening with

Even though the working area of the property will only use three of the 11 available acres, James says that "there are certain requirements of land, like being at least 50 feet away from any property line." In view of the recent horrendous propane plant explosion in Toronto, there might be some understandable reticence with some potential customers towards propane. James Callow, while concerned about safety, thinks "propane is extremely safe."

James Callow, while concerned about safety, thinks "propane is extremely safe."

"It's the most regulated business under the Technical Standard and Safety Authority," (TSSA), he says. Every year firefighters come in to use our Gravenhurst plant for training purposes, and our equipment is constantly inspected. In the Toronto case, nobody knows what really happened, but that depot was not just a propane depot, there were five other

gases being stored there. There were also residences in the area. In our Minden depot there are no residences nearby, and the system will be inactive until our driver activates it."

Sarnia is the primary source of Ontario's propane. It comes to Sarnia, via pipe line from western Canada. According to Mr. Callow, natural gas is the least expensive of the viable commercial fuels, and after that comes propane. "Wood might be cheaper too," he says, "but it takes a lot of human energy. Many people are going from wood-burning fireplaces and stoves to propane units." Many Insurance companies prefer propane over oil and wood, and reduced premiums for propane users help to offset the cheaper price of wood.

In addition to living room fireplaces, the added benefits of propane are that you can also use it to run your stand-by generator, hot water tank, furnace, heaters and dryers. "Six years ago in general, we were about 60 percent oil and 40 percent propane for deliveries to new homes. Now it's changed to 90 percent propane," James Callow states.

To find out more about propane, and how you might use it in your home or workplace, call Budget Propane toll free at 1-888- 405-7777, or 1- 705-687-5608. Email: [budget@budgetpropane.net](mailto:budget@budgetpropane.net)



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## Some Holiday Humour

What's a hairdresser's favourite Christmas song?

'Oh comb all ye faithful'

What did one Angel say to the other?

Halo there!

How do cats greet each other at Christmas?

"A furry merry Christmas & Happy mew year!"

What do Eskimos use to hold their homes together?

Ig-"glue"!

How do elves greet each other?

"Small world, isn't it?"

How long should an elf's legs be?

Just long enough to reach the ground!

If there were 11 elves, and another one came along, what would he be?

The twelf

What did the elf say was the first step in using a Christmas computer?

"First, YULE LOGon!"

What's an ig?

An eskimo's home without a loo!

What did Santa say to Mrs.

Claus when he looked out the window?

Looks like "rain", "Dear"!

What do you call Santa when he has no money?

Saint "Nickel"-less!

What do you get if you cross Santa with a flying saucer?

A UF ho, ho, ho

What goes oh! oh! oh!

Father Christmas walking backwards.

Why couldn't the skeleton go to the Christmas Party?

He had no body to go with!

How do you start a polar-bear race?

Say 'Ready! Teddy! Go!'

**Barry**  
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# Henwood's Variety

## Spotlight

## On Business

By Mark Arike

### A New Name After 14 Years in Business

Many New Items to Discover at Henwood's General Store and Sweet Shoppe in Haliburton

Jim Henwood is familiar face to many in Haliburton County.

Since Nov. 7, 1994, Henwood's Variety has served locals and tourists as a one-stop shop for a plethora of convenience items.

Recently, a celebration was held at Henwood's (located at 177 Highland St.) to mark the store's 14 years in operation. At the celebration, draws were held for prizes and Canoe FM held a live broadcast at the store.

The celebration was also a great way of letting the public know that the store has received a name change and is now known as Henwood's General Store and Sweet Shoppe.

"It used to be known as Mike's Milk," said Henwood, "owned by Mike Vuksic."

Before moving to the Highlands, Henwood lived in Hamilton where he was a merchandise manager at Shopper's Drug Mart for 16 years. In total, he has 30 years of experience working in the retail business.

Henwood first fell in love with Haliburton County after spending many summers cottaging in the area with family on Haliburton Lake.

For Henwood, making the move was a decision he doesn't have any



regrets about.

"This is a great place to raise your kids, the school system is good, the town's people are good, it's just a great atmosphere," he said.

Some of the most recent changes Henwood has made to the store have taken place over the past three years.

"I took over the unit that was occupied by Vasey Insurance so that I could expand the store," explained Henwood.

In earlier years, the main focus in the store was on dollar store items. Now the emphasis is shifting more towards confectionary products such as candy.

"I just wanted to get out the word on what we're all about," said Henwood.

You'll find a lot of sweets in the store including Jelly Belly jellybeans and a wide selection of bulk candy. Fresh fudge and locally made butter tarts will also help satisfy that sweet tooth.

In the store you'll also find nearly 40 of the latest film rentals available on DVD, greeting cards, party items (snacks), a slushy machine, a full-service Toronto Dominion ATM machine and much more.

So does Henwood see himself still running the operation for another 14 years? Only time will tell.

"No one knows what the future has in store," he said.

Not only does Henwood run this popular convenience store in Haliburton, but he also is an active member in the community. He is

Henwood's Cont'd.... pg. 11...

*Season's Greetings*

from everyone at  
**Haliburton Crane**  
457-9658

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## Henwood's Cont'd....

... from pg. 10



Canoe FM's Barry Willhelm interviews Jim Henwood

currently a Rotary Club member, Chair of the Parent/Teacher Council at Haliburton Highlands Secondary School (HHSS) and he used to serve as an executive on the Haliburton Business Improvement Association (BIA).

Henwood resides in Haliburton with his wife Cathy and their three children.

So make sure to drop by Henwood's General Store and Sweet Shoppe when you're in the Village. The staff is friendly and will help you with any questions you may have.

Henwood's General Store and Sweet Shoppe is open 365 days a year and hours of operation on Christmas day will be from 11 a.m. - 4 p.m.

## Ghost Stories *Scary Tales*

### Beccles, Suffolk

Beccles is home to several ghosts, some of which live within the grounds of Roos Hall, one of England's most well-known haunted places.

A phantom coach and four horses, driven by a headless man thought to be a bridegroom, clatters through the gardens at Roos on Christmas Eve. There is an oak tree there that stands on the site of a gibbet where many local criminals were once hanged. Not only is the spot haunted by these victims, but it is said that if anyone is brave enough to walk round the tree six times, the Devil himself will appear. There are marks on one of the walls inside Roos Hall which are always referred to as the Devil's footprints.





MERRY  
CHRISTMAS

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From our family to yours...

have a  
**Merry Christmas and  
Happy New Year!**

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Del & Darlene, Gerald, Krysta, Ron,  
Bill, Drew, Bill, Jamie, Robert, Sean,  
Tim & Brandon



# SUBARU holiday wishlist event

At least one company  
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Get into an Impreza and get a \$1000  
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We're working hard to make 2009 another great year. Have a safe and happy holiday.



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## Students Get Introduced to the Blues

### Haliburton Rotary Club Bringing Finger-Style Guitarist, Rick Fines, to Local Schools

Students who may have never picked up a guitar before will be able to get a lesson from a professional in January.

That's because four local Rotarians from The Rotary Club of Haliburton are bringing "Blues to the Schools" at J.D. Hodgson Elementary School and Haliburton Highlands Secondary School on Tuesday, Jan. 6 and Wednesday, Jan. 7. Blues in the Schools project is a program designed to stimulate students to take a long-term interest in blues music.

Rick Fines will be the star teacher who will introduce students to blues and roots music. The finger style guitarist is no stranger to Haliburton or the Blues in the Schools program. For several years now he has taught finger style guitar at the Haliburton School of the Arts and he has worked with kids as part of the Blues In The Schools programs in Ottawa, Saskatoon, Toronto and Fredericton.

Fines is a veteran of the folk and blues circuits in North America and in addition to a busy touring schedule, he conducts many guitar classes and workshops.

His musical resume includes two awards for Acoustic Act of the Year, an award for Songwriter of the Year this year with Suzie Vinnick and eight MapleBlues Award nominations.

His work with Jackson Delta (for 15 years) brought nominations from both the Juno and the Handy Awards and he has played for legendary blues piano player Pinetop Perkins, songstress Colleen Peterson, folk icon Penny Lang and many others.

His song "Riley Wants His Life Back" won first place in the blues category of 2003's International Songwriting Competition - with B.B. King as one of the judges!

## Get Messy With It!

### Children's Arts Activities in the New Year

Parents and preschoolers have a lot to look forward to at the Rails End Gallery & Arts Centre in January.

Various arts activities will be held for children and their families every Friday between 11:30 a.m. and 12:30 p.m.

For more information contact Laurie Jones at 705 457-2330 or visit the gallery's website at [www.railsendgallery.com](http://www.railsendgallery.com).



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It's been said before, but we'll keep saying it: Stock up on supplies at post-holiday sales. Wrapping paper, greeting cards, gift tags, holiday decorations, party supplies -- all can be found at a steep discount a mere week after the holiday.

"At the beginning of the holiday decorating season, I was stumped about what went where. This year, I have solved that dilemma. I took pictures of the decorations up on the house, and where I placed different things inside the house. I had them developed, and I am packing them with the decorations -- right on the top of the bins that will go in the attic. Next year, I will know just where to put things." -- I.O., via e-mail

"We have a tradition in our family, especially with the younger children. After the holiday, we gather once more for a different sort of party: a thank-you-note party. We get together, have a light lunch and have the kids write out simple thank-you notes for gifts or cards received from friends and relatives. It reinforces the idea of thankfulness and manners, and it helps that they all do it together." -- F.R. in Ohio

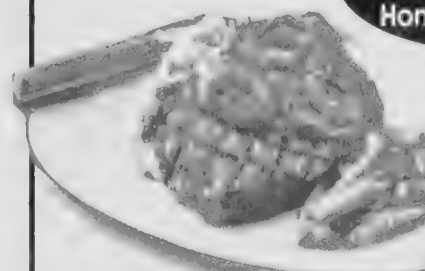
"My two next-door neighbors and I have a fun thing we do after Christmas. We have an 'un-decorating party.' We draw straws to see whose house gets done first, second and third, and in that order we provide breakfast, lunch and dinner. It's always a great time, and we're done fast. It's the holiday party I look forward to the most." -- W.K. in Alabama

"I am always on the lookout for the perfect greeting card. I keep a list with me for the whole year of events, as well as holidays. This way, I can get great cards for minor holidays on sale after the date. I organize my greeting cards by month. I have a three-ring binder that has 12 plastic sleeves labeled with the month and all the events that month. When I get a great birthday card, I slip it into the appropriate month. I even stamp it and address it." -- V.G. in Arizona

## Merry Christmas & Happy New Year To One & All!!

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# Real Reindeer



It is man's most ancient herd animal, the first animals being raised around 15,000 years ago. Up until about 12,000 years ago, reindeer grazed over a vast area of Europe. Rock paintings by primitive peoples featuring them are widespread, as are discoveries of tools made from reindeer horn. There was even a period of European prehistory in a part of France called Dordogne that is sometimes called "the civilization of reindeer." The only surviving part of such a civilization might be found in Lapland, which is the northern part of Norway, Sweden and Finland. There are only a few thousand Lapps, but they own herds of many thousands of reindeer. From them the Lapps obtain meat, milk, hair for weaving, hides to make tents and clothing, and horn, from which they make households. They are also used to pull heavily laden sleds. It is all these multiple uses that have made reindeer so endearing to people in the North.

Caribou, the name by which the Americans are more familiar with reindeer, comes from an Indian word.



**Happy Holidays**

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# A PIONEER CHRISTMAS



Early pioneers came to Canada from Europe. They didn't celebrate Christmas the way we do today. Most pioneer families didn't put up a Christmas tree. These people were of English, Scottish and Irish descent. The Christmas tree tradition didn't originate in those countries.

The Christmas tree came to Canada with settlers from Pennsylvania. These people were of German heritage, where the Christmas tree idea originated. In time, other people saw the German people's trees and began putting up a tree in their homes.

British families hung greens, which consisted of ivy, mistletoe and holly. Since these weren't available during the winter months, they made evergreen boughs into garland. These hung on mantles, stair banisters and about the door outside.

Pioneers used things from nature for decorations. Cranberries, nuts, berries, feathers and pinecones all gave the log cabins a festive look.

Stockings were hung by the hearth or on bedposts. Excited children opened their stockings to find apples, nuts, a treasured jackknife or corn husk doll, wooden puzzles, and whistles whittled from wood. Sometimes the children were lucky enough to receive a homemade rocking horse, sled or snowshoes. Other gifts were handkerchiefs, scarves, mittens, hats and socks.

Christmas morning, families opened their modest gifts and then played a game of hide the thimble or blind man's bluff. They didn't have the board and computer games that we have today.

The biggest treat of all was dinner. Wild turkey or goose would be the guest of honour at the dinner table. Squash, turnip, cooked carrots, potatoes and gravy graced the table. For dessert, fruit, mince-meat pie, plum or currant pudding made a perfect end to a perfect day.



**Warm Wishes**  
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 A HUGE Thank You  
 To all my customers and friends. Here's wishing you a wonderful and safe Holiday!!  
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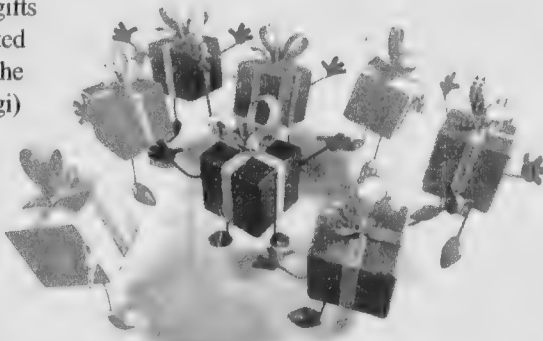


# Why do people give each other presents on Christmas day?

The tradition of gifts seems to have started with the gifts that the wise men (the Magi) brought to Jesus. As recounted in the Bible's book of Matthew,

"On coming to the house they saw the child with his mother Mary, and they bowed down and worshipped him. Then they opened their treasures and presented him with gifts of gold and of incense and of myrrh."

However, no one was really in the habit of exchanging elaborate gifts until late in the 1800s. The Santa Claus story (described in this issue), combined with an amazing retailing phenomenon that has grown since the turn of the century, has made gift giving a central focus of the Christmas tradition.



## Santa's Other Names

Austria - Christkind  
Belgium and the Netherlands - Noel, Saint Nicholas, Christkind and Black Pete  
Brazil - Papa Noel  
Denmark - Julinisse  
England - Father Christmas  
Finland - Old Man Christmas  
France - Pere Noel or le Petit  
Germany - Kriss Kringle, Christkind or Saint Nicholas  
Italy - Befana  
Japan - Santa Kurohsu  
Mexico - Three Kings  
Poland - Star Man or Wise Men  
Spain - Three Kings  
Russia - Basbouschka

Here's hoping your holiday is filled with fun and excitement.



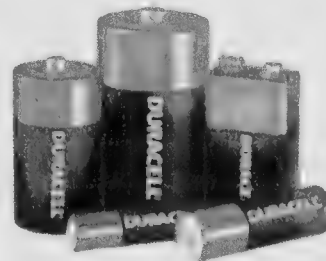
## STRESS BUSTERS

Quick Tips To Lower That Stress Level



## Can't Get Away?

Put together a photo album of your favourite vacation spots to look at when you don't have the time or money to get away. Consider keeping an album at work to use when you need a quick break from your mind, and to remind you that your work provides the means for you to take trips from time to time.



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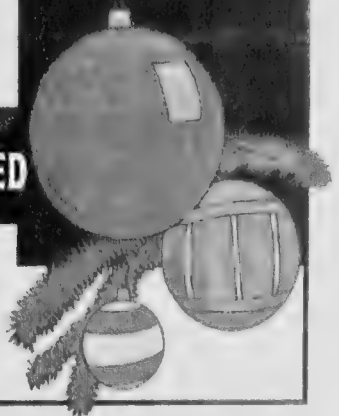
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Wishing you a season filled with all the joys you can imagine.

Thank you for your patronage.

We look forward to serving you in the new year.





# Make a Big Catch

Lake Trout Fishing Derby is Your  
Shot at Prizes



A lake trout ice fishing derby will be underway this January. Starting on Thursday, Jan. 1, Minden Live Bait and Tackle is sponsoring this derby that invites people to catch lake trout in lakes across the county. Prizes will be given out.

The entry fee for the challenge is \$10 per person and sign-up takes place at Minden Live Bait and Tackle.

For more information call 705 286-4826.

seasons  
greetings



Wishing Everyone a Safe & Happy  
Holiday Season

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## Before You Drink & Drive ... Maybe You Should Read This....

I went to a party,  
And remembered what you said.  
You told me not to drink, Mum  
So I had a sprite instead.

I felt proud of myself,  
The way you said I would,  
That I didn't drink and drive,  
Though some friends said I should.

I made a  
healthy  
choice,  
And your  
advice to me  
was right,  
The party  
finally ended,  
And the kids  
drove out of  
sight.

I got into my car,  
Sure to get home  
in one piece,  
I never knew what  
was coming, Mum  
Something I ex-  
pected least.

Now I'm lying on the pavement,  
And I hear the policeman say,  
The kid that caused this wreck was  
drunk,  
Mum, his voice seems far away.

My own blood's all around me,  
As I try hard not to cry.  
I can hear the paramedic say,  
This girl is going to die.

I'm sure the guy had no idea,  
While he was flying high,  
Because he chose to drink and  
drive,  
Now I would have to die.

So why do people do it, Mum  
Knowing that it ruins lives?

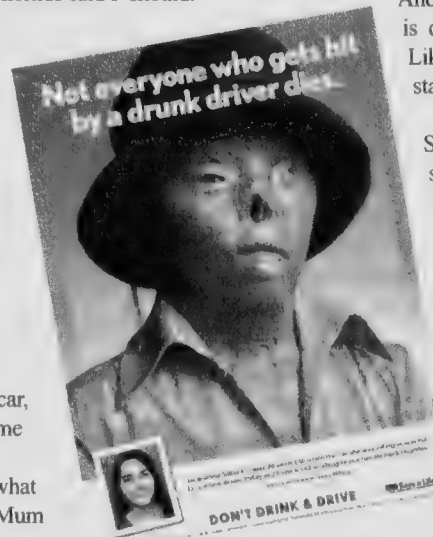
And now the pain  
is cutting me,  
Like a hundred  
stabbing knives.

Someone  
should have  
taught him,  
That it's  
wrong to  
drink and  
drive.  
Maybe if  
his parents  
had,  
I'd still be  
alive.

My  
breath is get-

ting shorter, Mum  
I'm getting really scared.  
These are my final moments,  
And I'm so unprepared.

I wish that you could hold me  
Mum,  
As I lie here and die.  
I wish that I could say, "I love you,  
Mum!"  
So I love you and good-bye.



H

o, Ho, Ho

Our best wishes  
for happy holidays!  
Hope your Christmas is merry and  
bright and your new year brings  
you everything you've dreamed of!

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# Tips for an Active Holiday Season

Sue Shikaze, Health Promoter, HKPR District Health Unit

With the busy holiday season upon us, many people find it hard to fit in time for physical activity. But, just like any other time of the year, regular physical activity is an important part of staying healthy!

Regular physical activity reduces your risk of heart disease, stroke, osteoporosis, diabetes, and some types of cancer. In addition, it helps with managing stress and gives you more energy, both of which are bonuses, especially at this time of year. And yet, less than half of Canadian adults are getting Health Canada's recommended 30 – 60 minutes of daily physical activity. And only 9 % of Canadian children meet Health Canada's guidelines for children and youth of 60 – 90 minutes per day.

So how can you stay active this holiday season? First of all, remember that you can get your recommended dose of daily physical activity in time blocks of 10 minutes or more. For many people, it's much easier to find a few 10 minute slots rather than one 30 or 40 minute one.

When you are busy, one of the easiest ways to start is to build more activity into things you are already doing. For example, when you're out shopping...

Park at the far end of the parking lot instead of looking for the closest spot to the door. Carry your parcels back to the car.

When you are in town, park the car and walk to do your errands.

Take the stairs instead of the elevator or escalator.

At home, there are lots of tasks that are physically active...

Outdoor tasks like chopping and carrying wood, and shovelling snow are great physical activities. Just be sure to warm up first, protect your back and don't overdo it if you have not been active regularly.

Inside chores like vacuuming and sweeping keep you moving too.

At work...

Take a walk break instead of a coffee break

Get up and walk to speak to an office mate instead of calling or emailing

Walk to do errands at lunch

With others...

When planning entertainment for company, include some form of physical activity. This could simply be a walk, or it could be a snowshoe hike or cross country ski outing.

Get active with your family and friends – go tobogganing, skating, build a snowman or fort. It's a great way to get everyone active!

For yourself...

Keep an activity journal or a calendar. This can help you stay motivated by making daily physical activity goals for yourself and keeping track of what you have accomplished

Get a pedometer and keep track of your steps. Build up to 10,000 steps a day.

Add physical activity to your "to do" list and make it equally as important as your other errands



At this time of gift giving, what could be better than the gift of health? By keeping active with your family and friends this season, you are giving a gift that will truly last a lifetime!

For more information on physical activity, contact the Health Unit, 457-1391.

**Relax And Enjoy The Holidays!**

Wishing you a comfortable Christmas and a well-rested new year from all of us!

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**Season's Greetings!**

Best wishes for a happy and joyous holiday season to all our friends, neighbours and customers. Here's to a great new year too!

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## Enjoy a Free Boxing Day Breakfast!

Dominion Hotel Helps the Food Bank this  
Holiday Season

Looking to fill that empty stomach after running around frantically shopping for deals on Boxing Day?

The come to the Dominion Hotel on Bobcaygeon Rd. on Friday, Dec. 26 from 9 a.m. – 12 noon for a free community breakfast!

The food is free, but a contribution of a non-perishable food item or small cash donation is being asked for. Donations will go to the Minden Food Bank.

For more information contact Shawn Chamberlin at 705 286 - 6954.

### Merry Christmas to One and All

From

**Judy McCracken**

C.A.I.B.

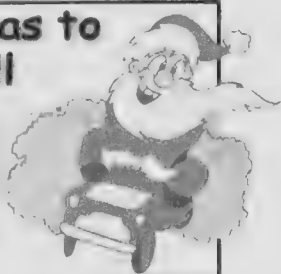
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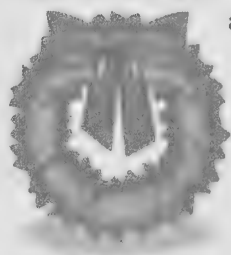


## MERRY CHRISTMAS

and best wishes for the New Year

from everyone at

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## The Challenge of this Winter is Coming!

### Register Now for the Frontier Adventure Challenge

After a year in hiatus, the Frontier Adventure Challenge winter race is back!

This always-popular race returns with a new location, a very new and different style of racecourse - but it's as fun and challenging as ever.

Cozy cabins, great food, a fun community of racers, lots of apres-race activities, and a licensed after-party will keep you busy in the Haliburton Highlands on the weekend of January 17!

**LOCATION:** Kinark Outdoor Centre, Haliburton Highlands.

The Haliburton region offers great terrain and great snow a reasonable drive from Toronto, and only 4 hours from Ottawa. Kinark features a varied trail system surrounded by rugged wilderness and a tubing run for the fun factor!

Plus, access to all of Kinark's amenities will be available including: a covered outdoor fire pit area, lakeside sauna, wireless internet, indoor climbing wall, skating rink and more. The site also features a sustainable house that will be open for tours.

**NEW RACE STYLE:** The Frontier Adventure Challenge now has more choice, more strategy, and more variety - you can almost make your own race by choosing which CPs to go after, when to go after them, and how your team can best travel to each.

Follow the trails or cut through the bush? Ski? Bike? Pack the snowshoes for later? It's up to you!

In this race you'll get to navigate a 35km course of snowshoeing, cross-country skiing, biking, trekking and more through wild and beautiful Haliburton winter terrain

**GREAT PRIZING:** The top teams in each of the co-ed, all-male and all-female categories (as well as the top solo racer) will win a completely free entry to the Frontier Adventure Challenge Fall Classic and Champs in the fall and everyone will share in tons of great prizes from event sponsors.

**POST-RACE DINNER AND AWARDS:** Take time after you cross the finish line, share stories with fellow competitors, clean up and enjoy the surroundings. A great social dinner and inclusive awards will also wrap things up.

**THE BEST POST-RACE PARTY:** The bar will be open, the tunes will be playing, and the prizing will be flying all night long.

**STAY ON SITE:** Be sure to take advantage of great accommodations and meal packages for the weekend. Come Friday night for the pre-race pasta social, stay Saturday night to celebrate your achievements and explore more of the area on Sunday.

A weekend package will include two nights accommodations, dinner Friday night, and breakfasts Saturday and Sunday!

**FINISH LINE RELIEF:** Friends from Sports Performance Centres will be set up at the finish line to provide complimentary athletic therapy and active release therapy to soothe those sore, achy muscles.

**REGISTER EARLY:** Registration is now open.

Entry is only \$375 and that includes: maps, dinner, cool race shirts, the party, and good times! Get your team organized now!

To register visit [www.far.on.ca](http://www.far.on.ca) or call Geoff Langford at 416 783-4464.



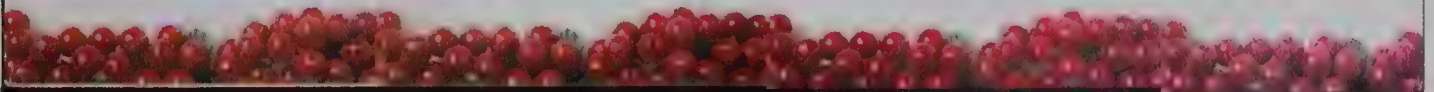
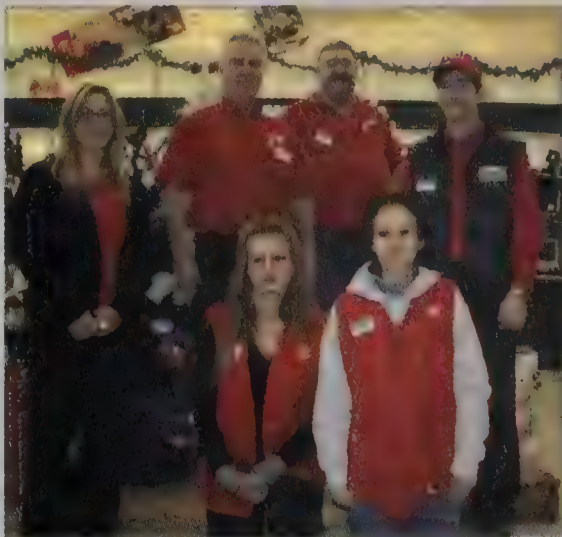


# Happy Holidays

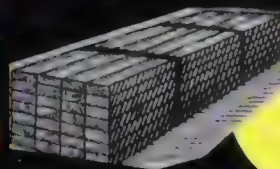
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BY CHERI SMITH WWW.MAGICEYE.COM/3D/HIDDEN.HTML

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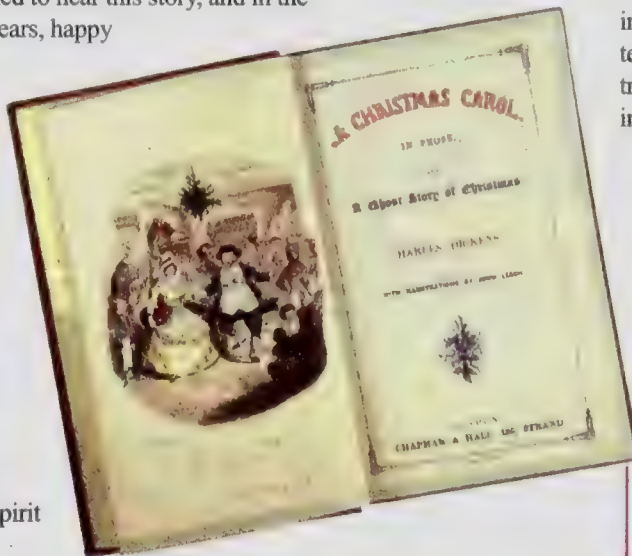
## Christmas Stories Save Christmas

"WHEN Scrooge awoke, it was so dark, that looking out of bed, he could scarcely distinguish the transparent window from the opaque walls of his chamber".

Thus begins the 2nd chapter of the world's most famous Christmas story, "A Christmas Carol", by Charles Dickens.

Christmas stories are important tools for spreading Christmas cheer. Actually it is said that Charles Dickens' story, "A Christmas Carol", saved Christmas as we know it today. When Charles Dickens wrote his story in the 18th century, the celebration of Xmas was on the wane. But Dickens used his story to describe Christmas as a time of joy, a time when people respect each other, and a time when everything is all right.

People liked to hear this story, and in the following years, happy Christmas stories became more and more popular together with the decorated Christmas tree, Christmas gifts, and the overall Christmas spirit



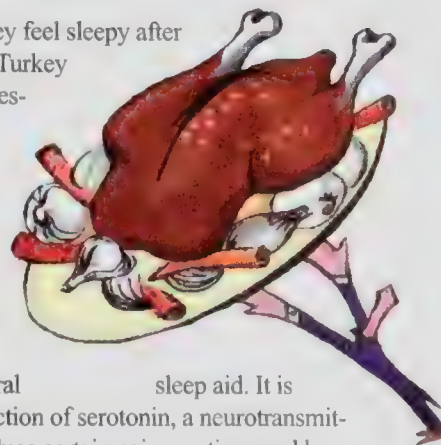
*Charles Dickens - A Christmas Carol - Title page  
-First edition 1843*

## Sleepy After Turkey??

Some people think they feel sleepy after a roast turkey dinner. Turkey

contains many of our essential dietary amino acids. One is called L-Tryptophan. One of the first amino acids to appear as a supplement in the early marketing wave of exotic nutrients,

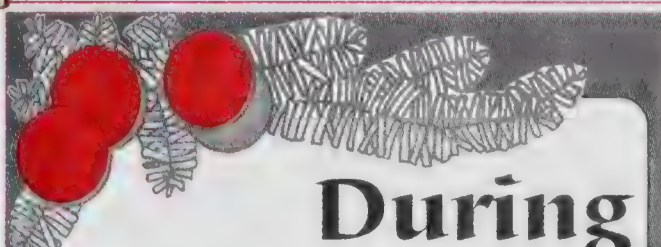
it was billed as a natural sleep aid. It is involved in the production of serotonin, a neurotransmitter. Serotonin may reduce certain pain reactions and have a tranquilizing effect. Starchy foods such as potatoes and stuffing are high in carbohydrates which contain L-Tryptophan.



**OXY MORAN:**

Butthead





## During The Holidays

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## Wyjad Fleming Associates

A plaque on the outside wall states that the building was built in 1865-66 and was originally the first church in Minden; a Wesleyan Methodist Church. The building continued as a place of worship until the formation of the United Church in 1925. Years later the small building at 13 Newcastle Street served as the law offices of Don Finn. Don's widow Carol Finn opened a delightful little art gallery there, and those who visited the gallery valued it as the gem that it was. Now 13 Newcastle Street, perhaps fittingly, houses law offices once more.

Dan Wyjad and Kelly Fleming are the new proprietors. Until December the 4th, when the move was made, Wyjad Fleming Associates occupied space at 5, IGA Road. Up until about a year ago the company was called Pinckard Wyjad Fleming, but Mr. Pinckard sold his portion of the business and is now practicing in Huntsville.

Any pre conceived ideas you might have had about the personality of lawyers can be thrown out of the window, once you've met Dan and Kelly, as they both prefer the pace of life of smaller centres over the cut throat competition, and the traffic congestion of the city. "I got used to

rural areas from time I spent at the family cottage in the Laurentians, says Dan, who's originally from Montreal. "I just came to love the smaller communities."

Daniel J. Wyjad received his B.Sc and M.Sc degrees at McGill University and his Dip.Ed. and LLB. at Queens, where he graduated in 1977.

Following an initial career in teaching human physiology at Dawson College in Montreal, Dan looked for a greater challenge as a lawyer and upon graduation from law school and the Bar Admission course; he established his own general law practice in Bracebridge in April 1979.

In 1991, Dan opened a second office in Parry Sound. Still looking for further challenges, Dan, together with Kelly Fleming, opened a third

office in Minden in August of 2002.

Dan lives in Bracebridge with wife Susan. The couple has 5 children. Dan travels a lot between offices and Lindsay. "I try to be here

Law Firm cont'd... pg. 23...



# MERRY CHRISTMAS!



From Charlie, Ethel & the Team at  
**Minden Subaru**  
286-6126



## Wyjad Fleming Associates Cont'd....

... from pg. 22

in Minden on Wednesdays, and any other day that I'm required," he says. "Most of the court work for this office takes place in Lindsay, as the population of Haliburton County is too small to support its own Superior Court. The small claims court is here. Paralegals do most of that work, or people do it on their own. The Provincial Criminal Court is also here, a lower level, but the upper Superior Court of Justice is in Lindsay." Wyjad Fleming Associates do not handle criminal law cases.

During his career as a lawyer, Dan has gradually shifted his preferred areas of practice to civil litigation and family law, while retaining a strong and active interest in estate planning and administration, and corporate and commercial law. He has a special interest in law relating to roads and easements for rights of way, and generally any legal problem of a particularly mind-challenging nature.

Of the move of offices Dan says; "We were running out of space in the old building. This is better laid out, with some basement space for storage. I've always believed in owning our own offices, because it says to people that 'we're here, and not going away'. Besides, even in tough times, investing in real estate is not a bad idea."

Kelly A. Fleming grew up in Dwight, and is living there now. She attended Huntsville High School, got her B.A. at York University in '96 and graduated from Osgoode Hall Law School in '99. She was called to the Ontario Bar in 2000, but before that in 1999 she started articling with Dan Wyjad, out of his Bracebridge office. She then worked for Dan and Tom Pinckard in Huntsville. "I much prefer a smaller community," Kelly exclaims. "I enjoyed my time in Toronto, but I always intended coming back." She got a break upon graduation when she was able to article for Dan. Articling is something like an apprenticeship, where you get to work under a licensed lawyer, and learn the ropes. "Articling is not usually something you get in a small town. It's something that happens in larger centres, Kelly said."

After she was called to the bar Kelly worked as a salaried lawyer for Dan and Tom Pinckard from 2000 to 2002, when she became a full time partner in Wyjad Fleming Associates. "About 80% of what I do is involved with real estate; purchases, sales, mortgages, and leases.

I also do wills and estate work. I especially enjoy working on business concerns of family-owned resorts. I have an insight into that area because my family owns the Cedar Grove Lodge on Peninsula Lake in Huntsville, and I feel that I have a close, first-hand knowledge of the business."



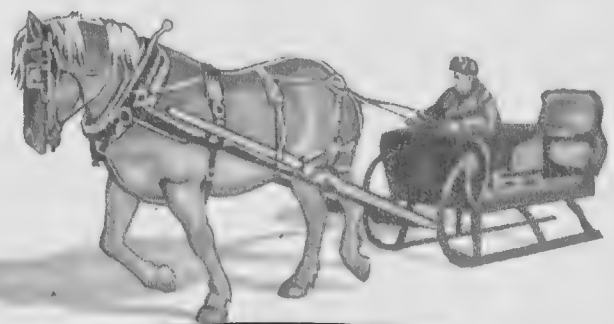
Like Dan, Kelly has to drive a lot; back and forth to Dwight. "It's a beautiful drive in all seasons," says Kelly, "and it sure beats driving in rush hour in the city."

Kelly is a co-owner, with Dan, of the building which Wyjad Fleming Associates now occupy. Of the move she says, "other than my house, this is the first property I've ever owned. It's great because there's more space to work in. It's also closer to our downtown clients, and it's fantastic for me to be right across the street from the registry office. I'm also thrilled to own and work in a building with such a rich history."

Wyjad Fleming Associates is located at 13 Newcastle Street, PO Box 850, Minden, ON. KOM 2K0. Tel. (705) 286-6483. Fax. (705) 286-3523. Email. [minden@wylaw.ca](mailto:minden@wylaw.ca)

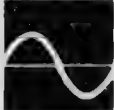
Pictured: Lawyer Dan Wyjad outside the new offices and lawyer Kelly Fleming of Wyjad Fleming Associates

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# New Info on RRIF & RRSP's

with Susan Lee

There are a few new changes to RRIF and RRSP introduced by the government in November 2008.

The government is allowing a one time reduction in the minimum RRIF amount withdrawn in 2008 by 25%. Because of the timing most RRIF holders would have withdrawn already for 2008 but don't worry there is an option to contribute the 25% back into an RRSP or RRIF and it can be deducted on your 2008 tax return. The contributions back must be made by the later of March 1, 2009 or 30 days after the legislation receives Royal Assent. If you were one of the lucky few and were able to reduce the payment before the end of 2008 and the law does not get passed for some reason you will have to subsequently withdraw the remaining 25%.

In kind withdrawals from RRSPs and RRIFs were also reintroduced. In kind means taking the existing investment structure (Canadian equity mutual fund for example) intact (not selling it) and just moving it to a new open investment account. Just like any withdrawal from an rrsp/rrif withholding tax applies and you do have to add the amount withdrawn to your income tax return and pay income tax if applicable even though you have left the investments as is. A withdrawal of investments can be transferred to a non-registered account or they could be transferred to a tax-free savings account (TFSA), subject to the amount of contribution room available. A great web site that I have book marked is [www.taxtips.ca](http://www.taxtips.ca). It has excellent RRIF minimum payment calculators and a new one already for the above 25% less option for 2008.

With the year end approaching non-registered mutual fund holders will be receiving year end income distributions. Any income earned during the year by mutual funds must be paid out to its investors or the fund risks paying tax on this income. This is consistent with the idea that economic consequences pass from the mutual fund to investors. Only those investors holding units of the funds at December 31st will receive a distribution. Mutual funds primarily earn interest income, dividends, foreign-sourced income and capital gains. Each of these types of income is taxed differently. The various types of income earned by the mutual fund retain their cc character" when distributed to the investors - interest income in the fund is interest income in the hands of the investor. The fact that the income was received from a mutual fund has no bearing on its tax treatment. Even with the current market correction reducing the value of a client's portfolio this client will still receive a T3 for these distributions and there is a good chance the client will have to pay income tax, even in a loss year. There are a few ways to avoid being taxed for distributions such as selling your mutual funds before the distribution date. Unfortunately this too could trigger a taxable capital gain. If you are looking at a capital loss this might be an option to consider. Corporate mutual funds offer clients protection from being taxed on year end distributions. I have discussed corporate mutual funds in a previous article but plan to review this investment/tax advantage product again in the New Year.

Have a safe and happy holiday season.

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Susan Lee



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# It's the Law

*It's the Law*

Until 1936 it was illegal in New York State for men to go out in public without a shirt.



It's against the law in Oklahoma to get fish drunk.

In Nachidoches, Texas, people are prohibited by law from cracking pecan shells while attending church!

In Broom, Australia, all camels traveling on commercial routes must wear flashing taillights!

## Trivia Quiz

1. MATH: What mathematical term describes the boundary of a closed plane figure?
2. GENERAL KNOWLEDGE: When did Mother Teresa win the Nobel peace prize?
3. HISTORY: What was the native city of explorer Marco Polo?
4. GAMES: How long is a standard bowling lane?
5. ENTERTAINMENT: Which singer was the first to record a "Greatest Hits" album?
6. LANGUAGE: What is a mountebank?
7. U.S. PRESIDENTS: Who did Andrew Jackson marry?
8. POETRY: How many lines are included in a quatrain?
9. ROYALS: Who was Queen Elizabeth II's father, who reigned until his death in 1952?
10. MUSIC: What was the name of the 1960s pop music group

### Answers

1. Perimeter
2. 1979
3. Venice, Italy
4. 60 feet
5. Johnny Mathis
6. A charlatan
7. Rachel Donelson
8. Four
9. George VI
10. The Mamas and The Papas

## Learn A



## Word

### Disabuse

\di-se-byuz\ v: to free from error, fallacy, or misconception

The results of the poll -- that 40% of Americans read at least 10 books a year -- disabused us of the notion that the American public is too busy to read.

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# Lange on the Law

*Donald Lange*

by **Donald J. Lange**  
Barrister & Solicitor

## The New State of Civil Litigation

It is not easy to give a clear definition of civil litigation in one sentence. Civil litigation is a lawsuit that does not involve family law or criminal law. It involves virtually every other aspect of the law. Thus, for example, civil litigation involves the areas of negligence, insurance, banking, product liability, construction, collections, partnerships, estates, leases, real estate, land disputes, injunctions, wrongful dismissal, and fraud.

As of January 1, 2010, there is a dramatic change to civil litigation. The monetary jurisdiction of the Small Claims Court will increase from \$10,000 to \$25,000. This change is fuelled by the need for citizens to have affordable access to justice and because of the present high cost of civil litigation. In the higher court, the Superior Court of Justice, the cost of a civil lawsuit varies from case to case depending on its complexity. But an average lawsuit could cost between \$40,000 and \$50,000 to the end of pre-trial for lawyer's fees, out of pocket expenses, and taxes.

With the new \$25,000 limit in the Small Claims Court, many cases will now be brought to court more quickly with less cost to the parties because the Small Claims Court has a straightforward procedure to get to the trial door. There is also a companion change in the Superior Court for cases using the "simplified procedure" rules in that court. These rules are a scaled down version of the complicated Superior Court rules used in lawsuits. They will now apply for all lawsuits involving money between \$25,000 and \$100,000.

The policy behind the simplified rules is to reduce the legal cost of suing or defending for smaller claims by reducing the amount of procedure required in such cases. Less procedure means less expense to the parties. For example, there are no examinations for discovery prior to trial (oral evidence disclosure) under the simplified procedure.

There will be other changes on January 1, 2010. Those cases in the Superior Court that are entitled to examinations for discovery will be limited to one day of examinations. Civil litigation will also be subject to the principle of proportionality. This means that the time and expense involved in a lawsuit must reflect what is at stake.

So in 2010, if your claim is just over \$25,000, you should abandon the extra amount so that you can sue in the Small Claims Court or, similarly, if it is just over \$100,000, you should abandon the extra amount so that you can sue under the simplified rules in the Superior Court.

In the next column, I will be talking about the "thin skull rule."

## Seasons Greetings

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# The True Story of Santa Claus begins with Nicholas

The true story of Santa Claus begins with Nicholas, who was born during the third century in Patara, a village in what is now Turkey. His wealthy parents, who raised him to be a devout Christian, died in an epidemic while Nicholas was still young. Obeying Jesus' words to "sell what you own and give the money to the poor," Nicholas used his whole inheritance to assist the needy, the sick, and the suffering. He dedicated his life to serving God and was made Bishop of Myra while still a young man. Bishop Nicholas became known throughout the land for his generosity to those in need, his love for children, and his concern for sailors and ships. Under the Roman Emperor Diocletian, who ruthlessly persecuted Christians, Bishop Nicholas suffered for his faith, was exiled and imprisoned. The prisons were so full of bishops, priests, and deacons, there was no room for the real criminals -- murderers, thieves and robbers. After his release, Nicholas attended the Council of Nicaea in 325 AD. He died December 6, 343 AD in Myra and was buried in his cathedral church, where a unique relic, called manna, formed in his grave. This liquid substance was said to have healing powers which fostered the growth of devotion to Nicholas. The anniversary of his death became a day of celebration, St. Nicholas Day.

Through the centuries many stories and legends have been told of St. Nicholas' life and deeds. These accounts help us understand his extraordinary character and why he is so beloved and revered as protector and helper of those in need.

One story tells of a poor man with three daughters. In those days a young woman's father had to offer prospective husbands something of value -- a dowry. The larger the dowry, the better the chance that a young woman would

find a good husband. Without a dowry, a woman was unlikely to marry. This poor man's daughters, without dowries, were therefore destined to be sold into slavery. Mysteriously, on three different occasions, a bag of gold appeared in their home -- providing the needed dowries. The bags of gold, tossed through an open window, are said to have landed in stockings or shoes left before the fire to dry. This led to the custom of children hanging stockings or putting out shoes, eagerly awaiting gifts from Saint Nicholas.

Sometimes the story is told with gold balls instead of bags of gold. That is why three gold balls, sometimes represented as oranges, are one of the symbols for St. Nicholas. And so St. Nicholas is a gift-giver.

One of the oldest stories tells of the townspeople of Myra celebrating the good saint on the eve of St. Nicholas' feast day. A band of Arab pirates from Crete had come into the district. They stole treasures from the Church of Saint Nicholas to take away as booty. As they were leaving town, they snatched a young boy, Basilios, to make into a slave. The emir, or ruler, selected Basilios to be his personal cup-bearer. As he did not know the language, Basilios would not understand what the king said to those around him. So, for the next year Basilios waited on the king, bringing his wine in a beautiful golden cup.

For Basilios' parents, devastated at the loss of their only child, the year passed slowly, filled with grief. As the next St. Nicholas' feast day approached, Basilios' mother would not join in the festivity, as it was now a day of tragedy. However, she was persuaded to have a simple observance at home, with quiet prayers for Basilios' safekeeping. Meanwhile, as Basilios was fulfilling his tasks serving the emir, he was suddenly whisked up and away. St. Nicholas appeared to the terrified boy, blessed him, and set him down at his home back in Myra. Imagine the joy and wonderment when Basilios amazingly appeared before his parents, still holding the king's golden cup. This is the first story told of St. Nicholas protecting children -- which became his primary role in the West.

Another story tells of three theological students, traveling on their way to study in Athens. A wicked innkeeper robbed and murdered them, hiding their remains in a large pickling tub. It so happened that Bishop Nicholas, traveling along the same route, stopped at this very inn. In the night he dreamed of the crime, got up, and summoned the innkeeper. As Nicholas prayed earnestly to God the three boys were restored to life and wholeness. In France the story is told of three small children, wandering in their play until lost, lured, and captured by an evil butcher. St. Nicholas appears and appeals to God to return them to life and to their families. And so St. Nicholas is the patron and protector of children.

Several stories tell of Nicholas and the sea. When he was young, Nicholas sought the holy by making a pilgrimage to the Holy Land. There as he walked

True St. Nicholas cont'd... pg. 27...



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# The True St. Nicholas Cont'd...

... from pg. 26

where Jesus walked, he sought to more deeply experience Jesus' life, passion, and resurrection. Returning by sea, a mighty storm threatened to wreck the ship. Nicholas calmly prayed. The terrified sailors were amazed when the wind and waves suddenly calmed, sparing them all. And so St. Nicholas is the patron of sailors and voyagers.

Other stories tell of Nicholas saving his people from famine, sparing the lives of those innocently accused, and much more. He did many kind and generous deeds in secret, expecting nothing in return. Within a century of his death he was celebrated as a saint. Today he is venerated in the East as wonder, or miracle worker and in the West as patron of a great variety of persons-children, mariners, bankers, pawn-brokers, scholars, orphans, laborers, travelers, merchants, judges, paupers, marriageable maidens, students, children, sailors, victims of judicial mistakes, captives, perfumers, even thieves and murderers! He is known as the friend and protector of all in trouble or need (see list).

Sailors, claiming St. Nicholas as patron, carried stories of his favor and protection far and wide. St. Nicholas chapels were built in many seaports. As his popularity spread during the Middle Ages, he became the patron saint of Apulia (Italy), Sicily, Greece, and Lorraine (France), and many cities in Germany, Austria, Switzerland, Italy, Russia, Belgium, and the Netherlands (see list). Following his baptism in Constantinople, Vladimir I of Russia brought St. Nicholas' stories and devotion to St. Nicholas to his homeland where Nicholas became the most beloved saint. Nicholas was so widely revered that more than 2,000 churches were named for him, including 300 in Belgium, 34 in Rome, 23 in the Netherlands and more than 400 in England.

Nicholas' tomb in Myra became a popular place of pilgrimage. Because of

the many wars and attacks in the region, some Christians were concerned that access to the tomb might become difficult. For both the religious and commercial advantages of a major pilgrimage site, the Italian cities of Venice and Bari vied to get the Nicholas relics. In the spring of 1087, sailors from Bari succeeded in spiriting away the bones, bringing them to Bari, a seaport on the southeast coast of Italy. An impressive church was built over St. Nicholas' crypt and many faithful journeyed to honor the saint who had rescued children, prisoners, sailors, famine victims, and many others through his compassion, generosity, and the countless miracles attributed to his intercession. The Nicholas shrine in Bari was one of medieval Europe's great pilgrimage centers and Nicholas became known as "Saint in Bari." To this day pilgrims and tourists visit Bari's great Basilica di San Nicola.

Through the centuries St. Nicholas has continued to be venerated by Catholics and Orthodox and honored by Protestants. By his example of generosity to those in need, especially children, St. Nicholas continues to be a model for the compassionate life.

Widely celebrated in Europe, St. Nicholas' feast day, December sixth, kept alive the stories of his goodness and generosity. In Germany and Poland, boys dressed as bishops begged alms for the poor-and sometimes for themselves! In the Netherlands and Belgium, St. Nicholas arrived on a steamship from Spain to ride a white horse on his gift-giving rounds. December sixth is still the main day for gift giving and merrymaking in much of Europe. For example, in the Netherlands St. Nicholas' Day is celebrated with the sharing of candies (thrown in the door), chocolate initial letters, small gifts, and riddles. Dutch children leave carrots and hay in their shoes for the horse, hoping St. Nicholas will exchange them for small gifts. Simple gift-giving in early Advent helps preserve a Christmas Day focus on the Christ Child.



A time to love.  
A time to share.  
A time for peace.  
A time to care.

May Christmas fill your family  
with the glory of the season.

**May you all experience the  
true spirit of Christmas this year!  
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***At Christmas Time...***



may peace fill your home,  
may joy fill your heart  
and may the spirit  
of the season stay with you  
throughout the year!

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# Hangover Advice

The best way to avoid a hangover is to not drink in the first place! But with holiday parties galore, here are some tips just in case.

## The Dog that Bit You

Hangovers are the result of a combination of dehydration, a loss of sugars and salts, and a reaction to the impurities in alcohol.

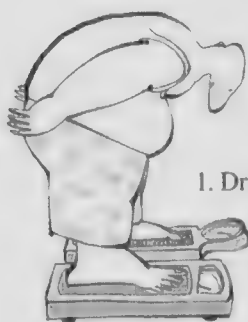
### The Night Of

- 1) Eat while you're drinking to slow the absorption of alcohol.
- 2) Go slow. The body can process an ounce of alcohol an hour. Drink a glass of water for every alcoholic beverage you have.
- 3) Remember that sugary drinks mask the taste of alcohol, giving you an unrealistic view of how much you're drinking.
- 4) Stick to one type of alcohol: "Never mix, never worry." Dark liquors contain more impurities that make for headaches.
- 5) Know when to stop!
- 6) Have a small snack before you go to bed.

### The Day After

- 1) Re-hydrate. Drink water, juice, a fruit smoothie or a sports drink like Gatorade. More alcohol gives temporary relief but will just prolong the agony.
- 2) Medicate. Take multivitamins, vitamin C and an aspirin.
- 3) Eat up. Eggs or bananas are good choices. Eggs are good sources of cysteine, a substance that breaks down toxins in the liver. Bananas are high in magnesium, which relaxes your pounding blood vessels, and natural antacids, which soothe an upset tummy.
- 4) Sleep it off. Close the blinds, unplug the phone, apply a cold washcloth to the forehead and get more sleep.
- 5) Work it out. Go for a walk. The exercise and fresh air will do your body good. Oxygen will help continue the process of breaking down toxins.

# How Not to gain weight over the holidays



The average Canadian gains one pound over Christmas (the average American gains five). Here are some suggestions on how to keep the weight off.

1. Drink a glass of water between each alcoholic drink. Or if you are drinking spirits, use water as a mixer.
2. Choose your calories wisely. If there are a number of desserts on the table, choose the one you will enjoy the most instead of sampling them all. Then you can enjoy what you are eating, without overdoing it.
3. It's boring common sense, but watch your portion sizes. And don't overdo it on second helpings.
4. Organize family activities around something active. Play ball hockey or go skating. You'll remember a fun game with the family much more fondly than a second piece of apple pie in front of the TV.
5. If it's a potluck, bring your own low-fat appetizer. That way, you'll know at least one thing you are eating is healthy.
6. Avoid standing next to the buffet. It just begs to be eaten.
7. Offer to walk the dogs or play with the kids at family get-togethers. You can avoid dishes and burn some calories.
8. If you are preparing a meal, chew gum to avoid snacking.
9. Plan ahead. If you know you are going to be away from your gym for a while, take your running shoes or an exercise mat with you.
10. Don't starve yourself all day, so you can pig out at the party later. Try to eat normal meals as much as possible, with healthy snacks in between.

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# Top Ten Christmas Record Breakers

Here is a list of some amazing Christmas records.

1. Biggest selling Christmas song is Band Aid's "Do They Know It's Christmas?" The song was written by Sir Bob Geldof, and sold fifty million copies and continues to be a holiday favorite today!
2. The world's largest gift was the Statue of Liberty. The people of France gave it to the US in 1886. It's 151 feet, 1 inch high and weighs 225 tonnes.
3. The most valuable Christmas card was sold at an auction in Devizes, Wiltshire, UK in 2001 for £20,000 (approx. \$40,000). The card was originally sent by Sir Henry Cole of Bath to his grandmother in 1843!
4. The largest Christmas angel ornament is over 18 feet (5.57 meters) high and over 8 feet wide at the bottom. It's made out of 2946 beer bottles. The angel was displayed on Alfonso Reyes Avenue, Nuevo Leon, Mexico in January 2000.
5. World's largest working Christmas cracker is 181 foot, 11 inch long and 11 foot, 9 inch high. It was made in Australia. It was pulled at a shopping center in Sydney, Australia on December 16, 1998.
6. With 3,000 Christmas lights, a towering Eucalyptus regnans, 80 meters (262 ft) tall, became the tallest-ever Christmas tree in the world. This record was set in Tasmania in 1999. Later The Guinness Book of Records has rejected The

Wilderness Society's claim for the world's tallest Christmas Tree on the grounds that the tree was a eucalypt and not a spruce. "This is a mean-spirited, pedantic snub," said the Wilderness Society's Tasmanian Campaign Coordinator, Geoff Law.

7. Every year, the citizens of Gävle Sweden build the world's largest Christmas goat out of straw. This is their Christmas tradition. Unfortunately for them, almost every year the poor goat gets burned down. It's an 13-metre tall, 7-metre long, 3 tonne goat.

8. Bronner's Christmas Wonderland is a retail store in Frankenmuth, Michigan that bills itself as the "World's Largest Christmas Store". The store has grown to the size of five-and-a-half football fields and is home to over 50000 gifts.

9. Five-hundred-and-nineteen Christmas carollers have braved the New York cold to sing themselves into the Guinness World Records Book. The group has become the largest carol service, breaking the previous record of 517. The singers gathered on the steps of Manhattan's General Post Office across the street from Madison Square Garden.

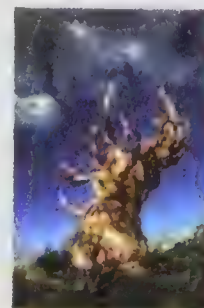
10. Forget modern novelists and TV tie-ins, the Bible is the best-selling book every year. The Bible was the first book and is the all-time best selling book with 1 billion copies having been sold

## Scientifically Speaking *What When Where Why How*

### How Long Can A Tree Live?



A live (left) and dead (right) Bristlecone Tree



A long, long time! Sitka spruce trees can live to be 700 years old. And England is home to 2000-year-

old yew trees. But they're just young things compared with bristlecones pines that grow in California. The oldest bristlecone on Earth is about 5200 years old. That means it was already alive when the Egyptians built pyramids. What's the bristlecone's secret? Like other long-living trees, bristlecones are made to stand up against tough conditions – poor soil, little water, and constant winds. Their low height, five to 12 m (16 to 39 ft.), helps protect them from high winds. Lots of resin, a sticky substance, keeps the bristlecones' wood from rotting. With these defenses, they can't be beat. In fact, scientists think that the oldest bristlecone could live for another 1000 years!

## Have a Warm Bubbly Christmas!



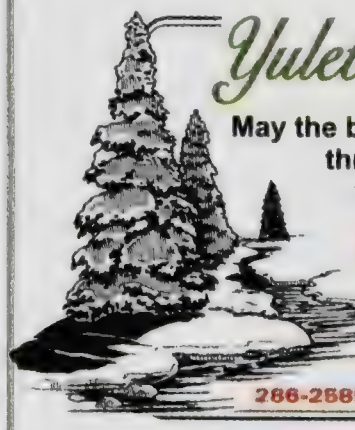
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# Jim McKelvey: Big Game Hunter

by George Farrell

There were three people born in Minden on March 24th 1964. "There was me and my twin brother, and the other was Dana Hughes," Jim McKelvey laughs from his comfy living room couch. "It was a big day in Minden."

Thus began an interesting 2 hours during which I was regaled with tea, excellent brownies, and stories of local lore and legend. One thing's for sure about Jim McKelvey; the man can talk. Time passes quickly in his company because it's not idle chatter. Its story telling from a man imbued with that special something that connects him with the land, and his stories are mainly concerned with hunting and fishing, his two great passions other than life- partner Dawn Elliott, who was a fellow listener, and occasional contributor to our interview.

The early years for Jim saw him shuffling from Bobcaygeon, to Oshawa and Minden with his Mom. Dad Frank was a licenced mechanic in Oshawa, and it was in Oshawa where Jim finished high school. On graduation he high-tailed it back to Minden, where every summer, since the age of 11, he had secured work. By the time he was 13 Jim was working "a mans job, for the old Victoria School Board," where he was employed as a



janitorial assistant. After he was let loose because he was basically too young for the job, Jim "did haying for local farmers like Sync Nesbitt, Paul Travers and Joe Rivers. Of Joe, Jim says laughing, "he moved three times and he's still within 100 yards of where he started from." Our conversation was to include many such amusing side tracks.

From '82 until '86 Jim served as an apprentice carpenter for Don Campbell at DAC Construction. After he got his license Jim spent some time with the Carpenters Union working out of Oshawa for Ellis Don. During that time he had a second job in Oshawa as a hotel doorman, "not a bouncer," and he also joined the auxiliary OPP. Three jobs is enough for any man.

Somewhere in there Jim worked as a "doorman" at the Rockliffe in Minden. Now I can't remember a time when the Rockliffe would require a doorman, but Jim is adamant. "I'm not a fighter. I might intimidate some people, I'm 6 foot 2 and 230

pounds, but I have a gentle spirit."

By '92 he'd had enough working three jobs and "never seeing the light of day," and wanted to come home. His boss wanted him and his crew to do one last job as a personal favour. "He wanted us to be the pall bearers at his wife's funeral, which is what we did, and that was the last job I did for him."

On his return to the Highlands Jim got a big break and ended up working 10 years for a wealthy property owner who had residences in Carnarvon, as well as in California, B.C., London Ontario, and in Winnipeg. "Eventually he wanted me to move out west with him, but I wanted to stay in the county," Jim explains. Since 2004 he's worked at camp Onondaga as a site supervisor. He's a man who doesn't like to sit still for too long, so Jim also finds the time to be a nuisance-animal trapper for the MNR, when they're too busy. He will also remove snow from your roof in the winter.

But it was Jim's prowess as a hunter that had originally peaked my interest, and eventually the conversation moved in that direction. Jim, Dawn and I were sitting around the kitchen table, overlooked by baleful stares from a multitude of stuffed animals, the likes of which is seldom seen outside a museum. There's a huge Dall ram in one

corner of the room, and a further inspection reveals foxes, skunks, vultures, owls, partridge, a fisher and porcupine, a lynx, a grizzly bear, a wolf, the huge head of a moose, trophy-sized game fish, and innumerable white tail deer, with impressive racks. "Originally Dawn said 'Get those !@#\$\$ animals out of the living room,' but she came around I guess," said Jim,

McKelvey cont'd... pg. 31...

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# From Bears to Beavers to Moose to Mountain Goats

... from pg. 30

with a sheepish grin over at Dawn. She rolled her eyes, and sipped her tea.

Jim started hunting with his uncle George when he was 14, and since that time he's followed his passion to such places as Alaska, where he shot the grizzly and the Dall ram; England, for game birds; Quebec for Caribou; and Newfoundland for Moose.

"I don't drink or do drugs," Jim says, out of the blue. The comment took me somewhat by surprise. There was a pregnant pause. "No," he repeated seriously, "I don't drink and do drugs, and the reason I'm telling you that is that I shot a man once." Completely taken aback again, I was groping for an appropriate response, when Jim quickly added, "It was a hunting accident."

"Oh" I thought, relieved, "that's OK then." But of course it wasn't OK, and as the story unfolded it became obvious that the accident, and the ensuing six and a half year civil suite, has seriously impacted his life. Jim was ultimately absolved of any blame, and it transpires that the fact that he doesn't drink or do drugs worked in his favour. The accident took place in 1987, before wearing blaze orange was mandatory, and the victim was the brother of a close friend. He was saved by a combination of quick thinking on behalf of other members of the hunting party, and emergency crews. He was transported by helicopter to Lindsay.

Jim has always prided himself with being a safe hunter, and he figures that the incident ultimately made him a better man, and a better hunter. Before he explained why this was so, he remembers going up to the injured man, and the first words that he uttered through his pain were "Did you get the deer?"

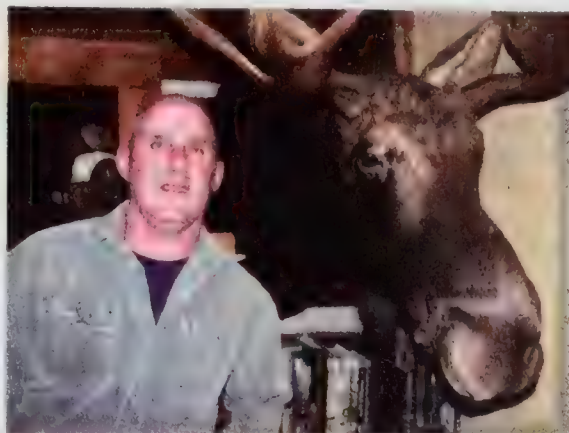
Such a mixture of gravity and humour I had not experienced in the same interview before, and still agog at the revelations, I almost

missed Jim's next statement, itself somewhat shocking and revealing. "Given the same set of circumstances the same thing could happen again," he says. Another pregnant pause, before he continues.

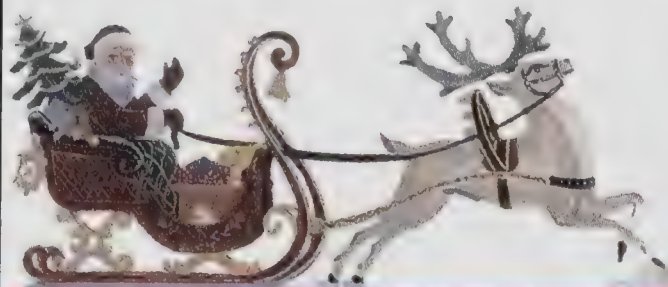
"It was hard. People in a small town all have an opinion, but unless you've been involved in a hunting accident you have no idea. I didn't know which way to turn, or what to say. I felt like I had to isolate myself. It ended up changing my life in a positive way." It gave Jim time to think, and he did that working the three jobs in Oshawa, away from home. When he returned in '92 his outlook to life and to hunting had changed.

If he had been found guilty Jim McKelvey realized that financially he would have been covered for a large portion of the claim due to the insurance that went with his membership to the Hunters and Anglers association. He's now a life member. Jim also carries the specific hunting scenario in his mind which led to the accident, and he

cont'd... pg. 33...



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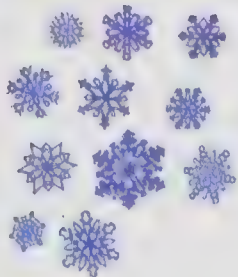
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## How do they know with any degree of certainty that no two snowflakes are alike and is this true?

No...chances are, in fact, that there are lots of duplicates. What the snowologists really mean is that your chance of finding duplicates is virtually zero. It's been calculated that in a volume of snow two feet square by ten inches deep there are roughly one million flakes. Multiply that by the millions of square miles that are covered by snow each year (nearly one fourth of the earth's land surface), and then multiply that by the billions of winters that have occurred since the dawn of time, and it's obvious we're talking unimaginable googols of flakes. Some of these are surely repeats.

On the other hand, a single snow crystal contains perhaps 100 million molecules, which can be arranged in a gigajillion different ways. By contrast, the number of flakes that have ever been photographed in the history of snow research amounts to a few tens of thousands. So it seems pretty safe to say nobody's ever going to get documentary evidence of duplication. Still, it could happen, and what's more, it could happen to you. If you find you have a lot of time on your hands, well - get out and start looking!!



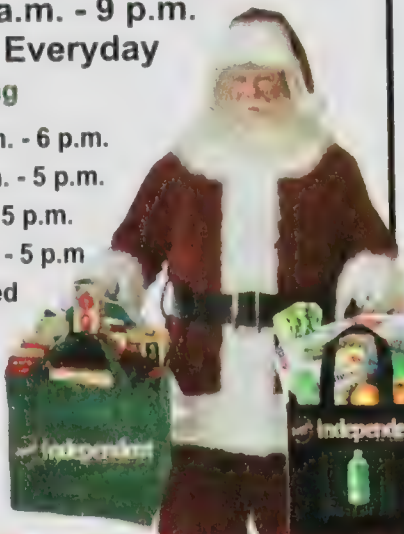


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## Jim McKelvey Cont'd...

... from pg. 31

will never get himself into any situation again where such an accident could happen. He's come to the conclusion that "75% of hunters shouldn't be in the bush." So, he's now a super- safe hunter.

We pick up the story of when Jim went to Alaska to hunt for Grizzly bear and Dall ram. "It was a dream of mine, and it was hard earned money, and a hard hunt. I lost 15 pounds in 21 days, and I beat my feet up going after the ram and bear. We traveled 97 miles on the Skwenta River, much of it white water. It empties out into Cook Inlet. I shot the bear at Porcupine Butte. Hunting is all real. I love it when it hurts, and when it doesn't hurt. I love the comradery, I'm not a lone hunter. You have to be patient and positive. You learn to zone into the hunt. It's not like Rambo or anything, and if it doesn't grab you, you should quit, and there's nothing wrong with that."

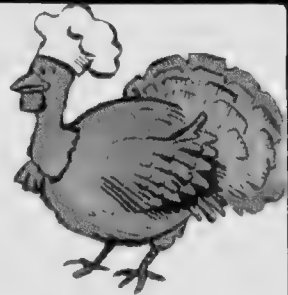
When I ask Jim what his secret is, the answer which eventually comes is "Movement, I'm not a sitter, I'm a mover."

"You look at windows," he replies cryptically. "You can't really put it into words," according to Jim, but I thought I'd give it a try. It transpires that by movement Jim means knowing when to move yourself, and when to look for movement, and by windows I believe he meant putting yourself in positions where you have the best opportunities to see what there is to see. You're aware of yourself in your surroundings but you're also able to look outside of your own being, through the 'window' portal and into the wild... The thing is though, from what I gather, talking to Jim and other hunters that I know, it's an almost Zen-like experience.

Jim shows me some of his guns. He's sprayed them all with a flat black finish in order to totally eliminate glare. "I don't shoot anything I can't use, or give away" Jim McKelvey continues. "By law I'm not allowed to buy, sell, barter or trade anything that I shoot, so it's not even tempting to me." Jim obtains licences to hunt in different areas, a bonus which comes with hunter's safety courses. He also apprentices, free of charge, interested people who want to learn how to hunt. "When you charge there's an expectation, but it's more than just killing animals. Every hunt's its own story," he says.

One thing's for certain. If you go hunting with Jim McKelvey, in addition to a safety first hunt, the storytelling and entertainment factors will be an added bonus, because the man sure can talk. But he's had an interesting life, and he has a lot to talk about.

## How Turkey became the Festive Bird.....



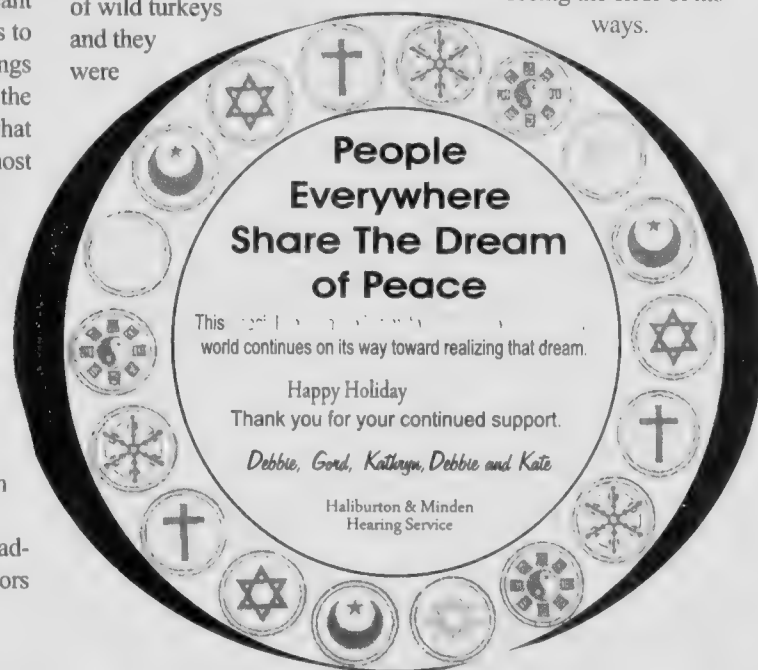
In England, the harvest festival has been celebrated for many years. The story goes that Queen Elizabeth was sitting with the troops eating roast goose to celebrate the harvest festival. News was brought to her that the Spanish Armada had sunk on its way to attack England. The queen was so delighted that she ordered a second goose to celebrate the good news and thus, the goose became the choice bird at festival time in England.

When the pilgrims came to the New World, they carried on the tradition of celebrating the harvest festival but geese were not plentiful. Since there were lots of wild turkeys and they were

easier to find, they roasted turkeys instead.

How the Turkey became the Bird of choice at Christmas....

Historically in England, swans, peacocks and cranes were roasted for special occasions. The story goes that because of Dickens' "A Christmas Carol", he is credited for popularizing the serving of turkey for Christmas dinner. Ebenezer Scrooge purchased the large prize winning turkey for Christmas dinner when seeing the error of his ways.



# Season's Greetings

Laurie and her staff would like to wish you all the Best of the Holiday Season.

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# New Business

*Introducing ...*

## THE BLUE SKY YOGA STUDIO

By Mark Arike

If you pass by Dr. Katie Hammerschmidt's Haliburton Chiropractic & Massage Therapy Office at 18 Dysart Ave., you'll often notice work crews around the building. A fence also blocks off pedestrians from the side of the building closest to Highland St.

So what's exactly going on you might be wondering? The 'Blue Sky Yoga Studio' is currently under construction and is scheduled to open in the first week of January.

"This was Lynda Shadbolt's brainchild," explains Dr. Katie Hammerschmidt, owner of Haliburton Chiropractic & Massage Therapy.

Shadbolt has been a local yoga instructor in the county for the past 10 years. She also is the owner of Haliburton Yoga. Over the past year, she has managed to develop a connection with Hammerschmidt and her employees by giving them yoga lessons.

"We've been doing yoga on the deck of the building," says Hammerschmidt, who has operated her business at its current location since 2005.

At Haliburton Chiropractic & Massage Therapy, services such as massage therapy, reflexology acupuncture and chiropractic work are offered. This operation will continue on as it always has. The only difference will be the addition of a yoga studio space.

"It's been Katie's dream to have a beautiful and clean facility," says Shadbolt, while Hammerschmidt adds that finding a decent space for

yoga can be hard to come by. "It's challenging because there's so much competition in town between all the different groups vying for space.

There's definitely a need for something like this."

The idea to open up space for a studio was something Hammerschmidt seriously considered after she saw an advertisement that was put out by the Haliburton County Development Corporation (HCDC).

"Luckily, HCDC ran an ad in the papers this Spring that asked if there were any commercial property owners interested in expanding," says Hammerschmidt. The ad went on to say that successful applicants would receive a loan for their project.

"I applied right away," says Hammerschmidt. "Their (HCDC) board got together and agreed that there's a distinct need in the community for this. They said, 'Whatever you need, we'll loan it to you.'"

After getting accepted for the grant, obtaining a building permit was next on the list.

"It took us six months to get the building permit," says Hammerschmidt. "There are a few challenges when dealing with a commercial property.

We had to go through inspection by a couple of architects, a couple of builders and have a couple of land surveys before getting the permit."

After going through that routine process, the biggest hurdle in getting things moving along was cleared.

When Shadbolt heard the good news she was nothing short of elated.

"I think I remember balling my eyes out with my husband and saying, 'Oh my goodness, this actually going to happen!'" says Shadbolt of her initial reaction. "This is exciting for me because I'll get to use a beautiful studio and it also gives me the chance to be a part of something. I have been working on my own for 10 years doing this."

Shadbolt says that she also plans on bringing special guests out to the studio to teach yoga sessions.

"There are people who have studios in places like Toronto and

Con't on page 35...





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# Local Yoga Instructors and Clients Thrilled for New Space in Haliburton

... from pg. 34

Newmarket and they want to do workshops. So hopefully we'll bring in some really good guest instructors," she says.

For Hammerschmidt, the studio will also prove to be a positive resource for her business.

"I have clients who I urge stay healthy after I've helped heal them," she explains. "Now I can say, 'you must do yoga, you must do stretch and tone and now there are regular classes available right here.'"

Gail Holness, a yoga instructor in the county since 2003 and owner of Holness Yoga, will also be offering her service at the new studio.

"It feels wonderful to have a nice place in Haliburton to teach," says Holness, who currently runs a studio out of her home in Donald. Holness works with clients who range in age from 12 - 70 plus.

"I have a really diverse customer base," she says.

Both yoga instructors will share the studio space, but during times when the building isn't being occupied, others will utilize its availability.

"I've had all kinds of other groups calling me that have been scrambling for places," says Hammerschmidt.

The new studio will have a total of 600 sq-ft of space and will include: it's own front entrance, bathroom, change room, a wall of windows and mirrors and cork board flooring with radiant heating.



One of the goals of Shadbolt's and Hammerschmidt's was to incorporate each of the five main elements into the make-up of the studio.

"We wanted to include Earth, fire, water, wood and steel into the studio," says Shadbolt. A wall-mounted fireplace will be in the space and other fixtures will add to the overall positive level of Feng Shui in the room.

For those who don't know a lot about yoga, the activity is defined as a discipline that is made up of a system or set of breathing exercises and postures that are derived from or based on Hindu Yoga. Yoga is supposed to promote the unity of the individual with a supreme being through its practice.

Whether you've been to a Yoga class before or have never tried out the popular practice, Shadbolt has some words of encouragement.

"Yoga is all about energy and people will be surprised about what it can do for them," she says. "Not only is it about learning how to relax and relieve stress, but it also strengthens the body."

To find out how you can enroll in classes at this spacious new studio, contact Katie's

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## Just Like Cats & Dogs

by Dave T. Phipps



## Bad Predictions

*Can I Take That Back Now....*

Read my lips: NO NEW TAXES.  
George Bush, 1988.

## Magic Reindeer Food



1/2 c. dry oatmeal  
1/2 c. birdseed  
1/3 c. crystal sugar

1 heartfelt of Christmas hope

Mix ingredients together. On Christmas Eve sprinkle all over your lawn. The crystal sugar will shine in the moonlight and lead Santa to your house before dawn. [DO NOT USE GLITTER AS IT IS TOXIC FOR BIRDS AND WILDLIFE] The smell of the oats will guide the reindeer directly to your rooftop. The Christmas hope in the magic reindeer food guarantees dear Santa will stop.

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## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Plant on mantel is missing. 2. Man has moustache. 3. Fireplace has more stones. 4. Mitten is black. 5. Shirt zipper is gone. 6. Earmuff has added band.

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## Spot Sam The Advertising Man for Your Chance to Win

### \$50!



How would you like to win \$50? Well it's easy with the Communicator!  
Just read all the ads and keep an eye out for Sam - The Advertising Man. We will be hiding a few Sams in various ads throughout the publication, so look for more than one. Once you think you have found all the Sams you can, write down how many you spotted, in what ads, the publication date, your name, address and telephone number, and mail them, email them or fax them to the Highlands Communicator. The first correct answer pulled from entries received wins \$50! It's that easy and it's fun too!

There were 7 sams in the last issue. They were in the following ads: Cottage Country Log Cabin, Youngdale Fuels, The Peppermill, Paulmacs, Minden Home Hardware, Minden Hearing Service & Walkers

The Winner of last issue's spot  
Sam contest is: Marie Joan  
Dewey of Gooderham

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# "CHRISTMAS"

The word comes from the Old English term *Cristes maesse*, meaning "Christ's mass." This was the name for the festival service of worship held on December 25 to commemorate the birth of Jesus Christ. While it is accepted that Jesus was born in the small town of

Bethlehem a few miles south of Jerusalem, there is no certain information on the date of his birth, not even of the year. One reason for this uncertainty is that the stories of his birth, recorded in the New Testament books of Matthew and Luke, were written several decades after the event. And those who wrote of it gave no specific dates for the event. Also, some get offended when people call 'Christmas' xmas. However, the X in Xmas, still stands for Christ. As in the Greek language Christ is said as Xristos. Hence came the word Xmas. It was not intended to take Christ out of Christmas.



# History of the Boston Christmas Tree:

The relationship between Massachusetts and Nova Scotia goes back as far as the days of the colonies, but one specific event is responsible for the Boston Christmas tree.

On the morning of Dec. 6, 1917, two ships (one carrying munitions) collided in the Halifax Harbor. The resulting explosion destroyed part of the city of Halifax, killed more than 1,900 people, and injured more than 9,000. It was Nova Scotia's greatest disaster. Within 24 hours a train from Boston arrived with doctors, nurses, and supplies; they were the first to arrive and the last to leave, a fact that the people of Nova Scotia did not forget.

As a thank you for Boston's help following the 1917 Halifax Explosion, Nova Scotia has donated a giant evergreen to the people of Boston each year since 1971. The Nova Scotia tree is Boston's official Christmas tree and the focal point of the yearly televised lighting on Boston Common. For several years, representatives of Nova Scotia have joined the City of Boston for the lighting ceremony.



## How the Tree is Chosen:

The tree generally comes from a private land owner and is selected by the Nova Scotia Department of Natural Resources based on these specifications:

Balsam fir, white spruce, or red spruce.

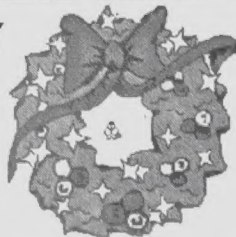
Forty-five to fifty feet tall.

## WISHING ALL A HAPPY & HEALTHY HOLIDAY

FROM EVERYONE AT...



**HILL  
CHIROPRACTIC  
& PHYSIOTHERAPY**



Robert & Wendy Hill, Kerri Matysek, Marie Pentesco  
& Michelle Roche,

# HAVE A BALL THIS CHRISTMAS!



**Full Line of Games, Equipment & Accessories  
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about  
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Located on Hwy. 35,  
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**489-3131**



# Strange BUT TRUE

It's getting harder and harder to remember life before the Internet: Statistics show that computer users make nearly 8 billion online searches every month.

It was Austrian physician and psychologist Wilhelm Stekel who made the following sage observation: "The mark of the immature man is that he wants to die nobly for a cause, while the mark of a mature man is that he wants to live humbly for one."

The prehistoric megalodon shark got its name from the Greek words meaning "big tooth" -- and rightly so. The megalodon's huge jaws could clamp down on its prey with a force of 12 to 20 tons. To put that in perspective, the great white shark has the strongest bite of any animal alive today, with a comparatively puny 2-ton bite. That 2 tons, though, is still 23 times as strong as the biting force of the human jaw.

Everyone knows that musical artists have certain requirements that must be met for them to perform onstage. For instance, it's been reported that the seven-time Grammy-award-winning hard-rock band the Red Hot Chili Peppers need to have a meditation room backstage at all their performances.

If you were an early settler in the United States, you could claim a piece of land simply by putting a fence around it. Considering the astonishing feats of up-river swimming accomplished by spawning salmon, it is perhaps unsurprising that the name of the fish comes from the Latin word "salir," which means "to leap."

Those who study such things claim that the average American home collects approximately nine pounds of dust every year on the floors alone.

Thought for the Day: "Journalism is publishing what someone doesn't want us to know, the rest is propaganda." -- Horacio Verbitsky



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**Dec. 22, 23, 24 OPEN 10am-5pm**  
**CLOSED Christmas Day - CLOSED Boxing Day**  
**OPEN Dec. 27, 29, 30, 31 10am-5pm**  
**CLOSED January 1st, 2009**

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\$399,000.00

3 bdrm, cottage on protected bay of Kennisis Lk. Totally upgraded incl roof. Hardwood floors, pine and drywall. Lg deck for entertaining and mature trees for those who want to escape the sun. Sand and deep water, Lg cedar docking system. 16x32 insulated garage with heated floors.

**Today's  
the day  
to buy!!**



\$369,000.00

Cottage /Home with sandy beach on Maple Lake -3525 sq ft of living space on 2 floors. 3 lg bdrms, den, 2 family rms, LR, 2 baths, & Jacuzzi, shower ensuite, solid oak kitchen, DR with greenhouse window effect & skylights, laundry rm, cold cellar, lg storage area, access to lower level from garage also. Possible apartment in lower level.

**We work  
hard for  
you!**



\$229,000.00

Kennisis Lk (Paddy's Bay) 175 ft frontage, beautiful sand beach, natural shore line, nature lovers retreat. 3.2 acres, level lot, driveway on property. Very easy to build on this lot saving you lots of \$\$\$\$\$.



\$345,000.00

Kennisis Lake south exposure with sunsets off dock!! Three bedroom cottage, 3 season but could easily be upgraded to a 4 season cottage. Easy access, private from the road, deep water off the dock and also sandy entry for great swimming. Fabulous big open view and very quiet part of the lake with islands out front.

**We Cover All  
Haliburton  
County**

**Call us to  
help you  
find your  
dream  
home**



\$549,000.00

Check out this spectacular building lot on the West Shore of Kennisis Lake. 298 ft of frontage on 3.5 acres of well treed land. This lot is fairly level with many building sites to choose from. Great open big lake view. Enjoy the sun all day with the south easterly view. Driveway installed. Hydro and Bell at lot line also high speed available.

**List Today  
to Get Your  
Property  
Advertised  
Here**

As 2008 ends we go forward to 2009  
May peace fill all the empty spaces around you  
And in you, may contentment answer all your wishes.  
May comfort be yours, warm and soft like a sigh.  
And may the coming year  
show you that every day is really a first day,  
a new year.  
Let abundance be your constant companion,  
so that you have much to share.  
May mirth be near you always,  
like a lamp shining brightly  
on the many paths you travel.

Wishing you a wonderful New Year  
Gloria, Cindy and Avery and families

**Season's  
Greetings**